



Cornerstone Dental Group

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& Associates

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Pre-Placement Instructions for your Dental Implant(s)

The following instructions will help you be prepared for your dental implant(s) placement. If you have any questions or concerns before your appointment, please don't hesitate to call me on my cell phone at 250.260.0281 or the office at 250.545.5604.

- Brush and floss your teeth. Throw out your toothbrush and obtain a new one *or* disinfect your toothbrush.
- No alcoholic beverages for 24 hours before *and* 72 hours after your appointment.
- Prepare for a soft diet for the first 4-7 days.
- Wear loose-fitting, comfortable clothing to your appointment. Do not wear lipstick or excessive makeup.
- Plan on taking it easy after your appointment *and* the following day.
- You should have two prescriptions: Dexamethasone (Decadron®) and an antibiotic (normally Penicillin). You should also have on hand 200 mg tablets of over-the-counter Ibuprofen (Motrin®, Advil® or any generic brand) and 500 mg tablets of Acetaminophen (Tylenol®).
- On the morning of your scheduled appointment, begin taking your medication:
 - ☞ 2 tablets of Dexamethasone (Decadron®)
 - ☞ The antibiotic, as prescribed
 - ☞ 3 tablets or 600 mg of Ibuprofen
- After your appointment, continue to take your medication as prescribed:
 - ☞ The antibiotic until all the tablets are done.
 - ☞ 2 tablets or 400 mg of your ibuprofen are taken 4 times daily for 48 hours after the surgery.
 - ☞ 1 tablet of your Dexamethasone is taken once a day for two days after your surgery.

Thank you, and if there are any questions or concerns, please don't hesitate to contact the office.